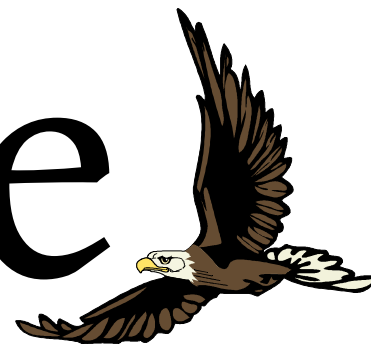


# Border Eagle



Vol. 47, No. 10

Laughlin AFB, Texas ... Training the world's best pilots

March 19, 1999

## Newsline -

A glance at news affecting Laughlin



### SUPT awards

The graduation awards for Special Undergraduate Pilot Training Class 99-06 are as follows:

**Capt. Edward H. Evans** – Outstanding Officer.

**2nd Lt. Matthew B. Morrison** – Academic Training; Daedalian Award  
**2nd Lt. Kevin Newberry** – Order of Daedalians AETC Commander's Trophy; Distinguished Graduate; Flying Training Award; Academic Training Award.

**2nd Lt. Keith M. Wolak** – Order of Daedalians AETC Commander's Trophy; Distinguished Graduate; Flying Training Award

### ID cards

The Military Personnel Flight will be unable to renew ID cards or provide updates to the Defense Enrollment Eligibility Reporting System March 22-26 due to system upgrades.

Persons whose ID cards will be expiring during the month of March are requested to visit the MPF Customer Service Center by today to have them renewed.

Please direct all questions and concerns to the MPF at 5277.

**See 'Newsline', page 16**

### Monthly Flying Goal



	T-37	T-1	T-38
Goal	3656	959	1529
Remain	1741	442	662
Delta*	+13	-23	+53



Information current as of March 17.  
\*Sorties ahead/ behind schedule

## Security forces exemplify “community service before self” helping orphanage

By Staff Sgt.  
**Reginal Woodruff**  
*Public Affairs*

Saturday was clear and sunny with brilliant blue skies and a strong crisp breeze that pushed aside fog, humidity and clouds, creating a near perfect setting to enjoy countless outdoor activities.

A day like this could have been spent fishing, sailing or relaxing outside; however, several people from Laughlin used this day to help children at the New Fountain of Life orphanage in Ciudad Acuña, Mexico.

The orphanage is sponsored by the 47th Security Forces Squadron, which provided most of the volunteers

for the visit. With money raised by the SFS's Unit Morale Council, the squadron has supported the orphanage in many ways.

“We took them presents last Christmas and donated \$200 to have their sewage system fixed,” said Maj. Mark P. Koch, 47th Security Forces Squadron commander and one of the volunteers Saturday. “We also helped to build a new addition to the building to give the children plenty of room to sleep. There is always something to do, but we have to do it in small bites.”

The next bite the squadron chose was the purpose of the trip to Acuña on Saturday.

“We’re building a playground so the children (who range from ages 2 to 10 years old) will have a safe place to play,” said Koch.

Wanting to help is admirable, but these volunteers have more than a passive desire to lend a hand. This was proven by the drive they displayed when faced with obstacles to completing their task.

Raising money is one of the

obvious obstacles, but that is just the beginning of the barriers that had to be overcome. There were the narrow, unpaved and unmarked roads, which all seem to go one way. On the roads were hurried drivers who darted out into traffic like fish in a migration stream.

Before that was the trouble of getting tools into Mexico.

“Paperwork was completed ahead of time, but customs is giving us a hard time,” said Koch. “Dealing with red tape and bureaucracy is frustrating, but not a deterrent. It drives us to want to help even more.”

This isn't the first time the volunteers have been faced with difficulties helping at the orphanage. The organization has been involved with the orphanage for several years, and lately support efforts have increased thanks to one of the squadron's young-



Photos by Staff Sgt. Reginal Woodruff

Airman Arturo Gonzalez, 47th Security Forces Squadron, readies the hard soil that, thanks to efforts like his, will soon be the site of a playground.

est and newest members.

Airman Arturo Gonzales has been at Laughlin and assigned to the SFS for only five months, yet he has taken on a leadership role in the organization's volunteer efforts.

“Art (Gonzales) came in and spearheaded the thing,” said Koch. “He took it and ran with it; now we all kind of follow his lead.”

Another volunteer, Col. David Bertholf, 47th Support Group commander, seconded Koch's remarks about Gonzales.

**See 'Orphans,' page 10**



A child at the orphanage squeezes a smile out of Airman 1st Class Heather Norton, 47th Security Forces Squadron.

## t hinside e scoop

### EAF ...

As Expeditionary Aerospace Force concept matures, the lives of Air force members should become more stable.

**Page 2**

### Oasis Room ...

New place on base to “get away from it all” makes debut in the lobby of the 47th Operations Group building.

**Page 5**

### Nutritional myths ...

Staff Sgt. Jennifer Ruiz from the Health and Wellness Center addresses some myths about nutrition.

**Page 11**

# EAF

## vision moves closer to reality

By Maj. Gen. Donald G. Cook

Director of Expeditionary Aerospace Force implementation

WASHINGTON – Operation Northern Watch. Southern Watch. Deliberate Forge. Joint Forge. Able Sentry. Desert Fox. Desert Thunder. Joint Guard. The American public may briefly hear these military operations' code names on television, but most won't understand the Air Force's significant role in each major endeavor, let alone the impact on our lives.

But to Air Force people, these commitments and a laundry list of many others, are pretty well known. They've either personally "been there and done that," or know of a friend or co-worker who has done the same. In fact, they may even be getting themselves ready to deploy to some locale they probably couldn't even locate on a globe.

No one could have accurately predicted the new world order. Our Cold War "victory" carries with it an underestimated global leadership role. The rest

of the world looks to us foremost to take action when things go bad anywhere else in the world. As a result, our national military strategy calls for us to provide relevant aerospace forces to undertake these global engagement operations.

"Relevant" means what we bring to the fight. A quick review of the Air Force's core competencies – global attack, air and space superiority, precision engagement, rapid global mobility, information superiority and agile combat support – provides the answer. We deliver the forces to achieve desired effects.

These diverse capabilities are what the warfighting commanders in chief rely on to do the job in their area of responsibility. We deliver the unique capabilities, via tailored forces, that help deter aggression, shape the international environment while helping our sister services and provide the desired response to their requirements.

As Air Force Chief of Staff Gen. Michael Ryan has said before, our Air

Force is not the same service in which our parents may have served. In fact, it's not the same service for those who came on board during the mid-1980s build-up. We're two-thirds smaller than a decade ago, with less overseas bases and infrastructure, yet four times as committed to events around the world – some of which have become steady-state or ongoing operations such as those in Southwest Asia. The international security environment has radically changed and we need to adapt with it.

That is what will make us more relevant – able to

make a difference. To do that, we must become more expeditionary. We must transition from a standing, ready force, based largely at home in the continental United States, to one with the ability to deploy quickly.

More than eight years after our decisive role in Operation Desert Storm, aerospace power's relevance is coming of age. Read the major newspapers and watch the hourly news broadcasts if you want to validate the difference airpower

is making in the world. This is not intended to make the other services' roles less significant, but rather, to illustrate how the national command authority leverages Air Force strengths. That will only grow in importance as technology advancements and diverse mission requirements require our expertise.

Despite some "gloom and doom" headlines, concerns over operator and technician shortages and dipped readiness indicators, Air Force people are serving the nation in a dynamic period in history. Our economy is booming, we're essentially at peace, life is good.

Yet, some 14,000 Air Force professionals are forward deployed right now in support of some military operation. For some bluesuiters, being deployed upward of one-third of the year can take its toll on family life, a reality Air Force senior leaders fully realize and are taking action to remedy. Our expeditionary aerospace force vision promises to improve our readiness and modernization and relieve some of our tempo concerns as the concept matures. But the fix won't be Jan. 1, 2000. Revolutionary changes take a little longer to take a more permanent hold.

The EAF concept is our investment  
**See 'EAF,' page 4**

## People First: Air Force takes to airwaves in series of paid commercials to support recruiting efforts

If you were among the many who watched the Cincinnati at Memphis National Collegiate Athletic Association men's basketball game Feb. 27, you were among the first to see the birth of a series of paid commercials in support of Air Force recruiting. These spots offer a message of belonging to an organization with a proud history and tradition, as well as a message to join an organization that has an important job to do.

Up to this point, all Air Force television advertising was done by means of public service announcements. Now, you will see Air Force advertisements regularly during such prime-time events as the televised "March Madness" col-

lege basketball games. The NCAA TV ad campaign continues through March 29. Air Force commercials will continue to run in major metropolitan markets throughout the spring and summer.

Why the change? The Air Force is facing an extremely challenging recruiting environment in which today's youth have greater employment and college opportunities to choose from. At the same time, our smaller force means a declining veteran population and fewer bridges to connect young people to military service. All of this results in reduced inclination among America's youth to consider joining the military.

Television is an important source of information for our

target recruiting audience, as well as for members currently on the Air Force team and for the American public we serve. Paid TV advertising can help increase awareness among all of those audiences of what the Air Force contributes to national security; it can also help develop a sense of pride in and among Air Force people, and the young people the service is trying to recruit.

The time is right for the Air Force to have a television presence. So, watch for your Air Force in the midst of your favorite NCAA tournament games, and look for us in other programming throughout the year.

(AFNS)

### Actionline

Call 298-5351

when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the *Border Eagle*. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

*Dan R. Goodrich*  
**Col. Dan R. Goodrich**

47th Flying Training Wing commander



AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Social Actions	298-5400
FWA hotline	298-4170



## Border Eagle

Col. Dan R. Goodrich  
Commander  
1st Lt. Angela O'Connell  
Public Affairs officer  
Senior Airman Mike Hammond  
Editor

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### Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. Copy deadline is close of business each Thursday the week prior to publication. Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday. Submissions can be E-mailed to: [michael.hammond@laughlin.af.mil](mailto:michael.hammond@laughlin.af.mil) [reginal.woodruff@laughlin.af.mil](mailto:reginal.woodruff@laughlin.af.mil)

***“Excellence —  
not our goal, but  
our standard.”***

— 47th FTW motto

## Safety Stats

As of Mar. 10  
(Fiscal Year)

	'99	Total '98
On-duty mishaps	1	11
Off-duty mishaps	6	7
Traffic mishaps	1	4
Sports & Rec mishaps	2	3
Fatalities	0	2

## CGOC springs to life

By Senior Airman  
Bryan Bouchard

17th Training Wing Public Affairs

**(Editor's note: Senior Airman Bouchard visited Laughlin March 12 from Goodfellow Air Force Base, Texas)**

After a short hiatus, the Laughlin Company Grade Officer's Council is beginning to spread its wings once again on base.

The council has been almost inactive since 1996, but the group is making a rebirth and has upcoming activities planned. "Beginning in the summer of 1996, most of the officers of the council left Laughlin due to permanent changes of station," said 2nd Lt. Shannon Peeler, CGOC president.

The council's purpose is to give CGOs a forum to present ideas to wing leadership on issues related to them and better familiarize them with their surroundings, according to Peeler.

But the CGOC's mission won't just be to provide a voice for junior officers, she pointed out. It will be a tool to support the base and the Del Rio community.

"There are so many things for the CGOC to do on the base and in the Del Rio community," Peeler said. "In the past, the council has sponsored Laughlin's Family Day, supported the Enlisted Dining Out, and we help keep a stretch of Highway 277 just off base litter-free through the 'Adopt-A-Highway' program," she continued. "We are looking into possibly supporting community agencies like the Red Cross, as well as boys and girls clubs in the area."

Last fall, the council came together and raised almost \$1,000 to help base members who fell victim to the floods in the area. They also raised \$300 to support the Top 3 Council's holiday toy drive, "Operation

Jingle."

Now, Peeler said the council is turning its attention to the future.

The council plans to sponsor the first-ever Laughlin 'Survival of the Fittest' Wing Warrior competition this summer, she said.

The competition will consist of many events, Peeler said, some of which are the tug-of-war, push-up and sit-up competitions, balloon toss and a 4x800 meter relay race.

The junior officers are also planning a trip to Texas A&M University in April for the school's career day. Peeler said she is looking for interested CGOs to help promote the Air Force way of life.

Aside from the activities it sponsors, the council can also help broaden a young officer's knowledge of events outside his or her own career field.

"It's (the council) a great opportunity for junior officers to learn from each other and share experiences," said 2nd Lt. Gina Beattie, one of the only aviation-rated council members.

Peeler added that visits from the base's



Photo by Senior Airman Bryan Bouchard

## Ropin' Steer

John Martinez (left) of the 47th Operations Group, works with Ernest Prime on the steering of a T-38 March 12 in Dock 3 here. The plane was in for its 4,500-hour overhaul.

## Trainees receive 100-percent drug testing rate

By Wayne Bryant

37th Training Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas — One way the Air Force ensures a drug-free environment is by testing its members. That testing was recently expanded here to include all new basic military training recruits.

Lackland Air Force Base, Texas, became a part of the testing process March 4 when 100-percent accession drug testing became a reality. All enlisted basic trainees will be tested within 72 hours of arrival at BMT. Lackland's drug demand reduction program is monitoring the program.

A contractor, Medical Business Consultants Inc., has been awarded a contract to handle the testing. They will have 20 employees to process between 900 and 1,000 basic trainees through the

testing each week.

"Random testing has been a part of Air Force life for many years," said Cinni Youngblood-Gipson, drug demand reduction program manager. "It has proven to be a good deterrent."

During late 1997 to early 1998, a feasibility study was conducted at Lackland to determine the extent of drug use among Air Force recruits. Some 390 basic trainees were randomly selected for the test. Of these, seven tested positive. This indicated a drug-use rate of about 1.8 percent.

"This is much higher than the Air Force's rate of .40 percent and Air Education and Training Command's rate of .45 percent," Youngblood-Gipson noted. "This study confirmed the need for 100-percent testing."

(Courtesy of AETC News Service)

## Environmental Flight honors 1998 Member of the Year

By James E. Tayon, P.E.

Chief, 47th Civil Engineering Squadron  
Environmental Flight

Mr. Ramón Flores was named Environmental Flight Member for 1998 in a ceremony at the Civil Engineering building here March 12.

During the past year, Ramón has not only managed the hazardous waste program — but also took on the air quality responsibilities, steering the base through new state and federal Clean Air Act laws enacted during 1998.

Flores' spirit of cooperation and his dedication to hard work and accuracy have earned him the admiration of his colleagues here, at Air Education and Training Command and with the Texas Natural Resource Conservation Commission — our state environmental regulator.

Congratulations, Ramón, you are truly an outstanding team performer!

‘EAF,’ from page 2

strategy over the coming years for how we’re going to provide relevant aerospace forces for the 21st century. Changing the Air Force’s organizational structure, operations and culture is no easy task. With less than 10 months until the EAF enters into force, its organization and structure is firming up because of the hard work of each major command’s EAF planners and the Air Staff directorate tasked with implementing the concept. We’re not at the 100-percent solution just yet, but we’re making steady progress.

From March 8-12 we “pre-flighted” the EAF concept with a transition workshop exercise

with more than 220 participants – mostly from the wing level – designed to work through anticipated challenges when aerospace expeditionary forces rotate in and out of their deployment cycle.

Air Force people will increasingly learn more about the AEFs as concepts of operations, command relationships and other issues under coordination take hold. Later this spring, we will have a firm idea of the alignment of AEF-affiliated wings and unit alignments under each that will provide the force package leadership element, aircraft, people and equipment.

While ongoing global-engagement operations continue to lead the newscasts and make the headlines, we’re undertaking

this major redesign of the Air Force. We need to adapt to the new and uncertain global security environment. We need to provide relevant aerospace forces when they are needed. Integration of the total force, including the Air National Guard and Air Force Reserve, into the aerospace expeditionary forces, promises to make us lighter, leaner and more lethal to meet the challenges of the 21st century.

Equally important, as the EAF concept matures, the lives of Air Force members should become more stable and predictable in meeting the deployment requirements of future operations. The challenge is great. So, too, is the reward.

(AFPN)



Photo by 2nd Lt. William B. Johnson

Whew!

Brig. Gen. John L. Barry, 56th Fighter Wing commander, Luke Air Force Base, Ariz., completes a T-38 sortie at the flightline here March 11. The general flew with Capt. Brian D. O’Neil, 87th Flying Training Squadron, to familiarize himself with the missions performed here.

# Oasis Room opens here, offers space to relax, reflect

By Chaplain (Capt.)  
John Forman

Wing chaplain's office

"The Oasis Room," a comfortable place to "get away from it all" for those seeking spiritual, emotional or even physical refreshment, was officially dedicated in a ceremony here March 11.

Located in the front entrance of the Operations Group Headquarters, Building 328, the newly renovated space was birthed by the former wing chaplain and the former 47th Operations Group commander. Its purpose is to enable chap-

lains to provide services more readily.

When Chaplain (Lt. Col.) James Hough took over as wing chaplain, he gave me the project - which included renovating the space, ordering furniture and setting up the facility. Col. Larry Stutzriem, 47th Operations Group commander, gave his full support to the project.

Chaplains will be available for confidential counseling on a walk-in or appointment basis during the following hours:

Monday 2 - 4 p.m.  
Tuesday 2 - 3 p.m.  
Wednesday 10 - 11 a.m.

Thursday 9 - 10 a.m.  
Friday 1 - 3 p.m.

Small groups may schedule the use of this facility for Bible studies, prayer meetings, support group meetings, etc. by calling the chapel at 5111.

Other base helping agencies, such as the Life Skills Clinic, the Family Support Center, Health and Wellness Center and the military equal opportunity office have been invited to schedule classes and support group meetings. The phone number in the Oasis Room is 4975. We are now open for blessings!



## Chapel Schedule

### Catholic

- Daily Mass 12:05 p.m.
- Saturday Mass 5 p.m.
- Sunday Mass 9:30 a.m.
- Confession 4:15 - 4:45 p.m. Saturday or by appointment.
- Choir 6 p.m. Thursdays.
- Sunday school, 11 a.m., religious education building.

### Protestant

- General worship 11 a.m.
- Bible study video luncheon 11 a.m. Thursday, in the chapel fellowship hall.

- Sunday School, 9:30 a.m., religious education building.
- Awana, Wednesdays at the chapel from 6 - 7:30 p.m. For more information, call Mike or Karen Silver at 298-3247.

### Jewish

- Max Stool  
219 West Strickland St.  
Del Rio, Texas  
Phone: 775-4519

e-mail:  
[makstool@delrio.com](mailto:makstool@delrio.com)

**For information on any chapel events, call 5111.**

## AWANA group competes in Bible Quiz competition

Laughlin Chapel AWANA club members recently competed in San Antonio at the regional Bible Quiz.

The fifth and sixth grade Guards took second-place as a team, and Tabitha Silver was named the overall Guard Quiz-zing Champion.

AWANA is a non-denominational Christian organization that meets Wednesday evenings at the base chapel from 6 - 7:30 p.m. Children from 4-years-old through the sixth grade are invited to participate.

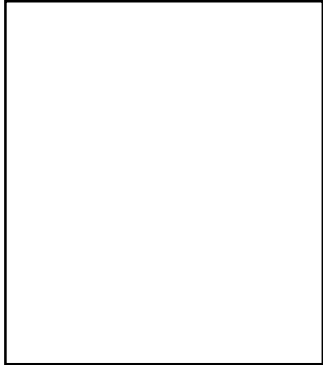
For more information on the program, contact the AWANA commander, Lt. Col. Mike "Hi-Ho" Silver at 298-3247, or 298-5662.

# How do you reflect a positive image of the Air Force?



“By showing that I care about people in the community, by working hard to do my best, and through leadership by example.”

**Airman 1st Class  
Lashasta Smith**  
*87th Flying Training Squadron  
Personnel Apprentice*



“By taking pride in my appearance, having the honor to do what is right, and always striving for excellence.”

**2nd Lt. Louie Migliaccio**  
*47th Operations Support  
Squadron*



“I reflect a postive image of the Air Force by abiding by all rules and regulations and performing my job and duties with the utmost respect for an Air Force that offers me safety, security, and freedom.”

**Anna Herrera**  
*47th Operations Group  
Commander's Secretary*



“Reflecting a positive image of the Air Force is as easy as reflecting a positive image of your family or your church. Treat people with a smile, treat them with respect. Demonstrate common courtesies to everyone and maintain integrity.”

**Lt. Col. Jerry Young**  
*47th Operations Group  
Assistant Deputy Commander*



# XLer

**Hometown:** Smyrna, Del.  
**Family:** Wife, Mindy; daughter Nicole, 5 weeks old.  
**Time at Laughlin:** 1 year, 10 months.  
**Time in service:** 18 years, 9 months.  
**Job description:** Commander 47th, Civil Engineer-  
ing Squadron.

**One thing you would like to change about Laughlin/the**

**Air Force:** I'd move Laughlin closer to San Antonio so the drive would be shorter. For the Air Force, I'd ask Congress to increase our budget. Too many programs (some in Civil Engineering) are minimally funded, and in the long term this could effect the quality of life and readiness of our forces.

**Long-term goals:** To eventually retire from the Air Force, start a second career and live with my family near the saltwater - where it's warm.

**Why did you come into the service?** It was a great opportunity and also was required upon graduation from Virginia Military Institute.

**What do you feel is the "hottest" topic in the Air Force and/or at Laughlin?** It's more of a challenge to continue the same operations tempo and do what's required to be done with fewer resources.

**Previous assignment:** Engineering and Environmental Program Manager, Pentagon, Washington, D.C.

**Where would you like to go next:** Air Force Civil Engineering Support Agency, Tyndall Air Force Base.

**Motto:** "There is not effort without error and shortcoming."

**Greatest feat:** Getting married and the birth of our daughter, Nicole.

**Hobbies:** Reading, occasional game of golf and fishing.

**Inspirations:** My wife and the members of the civil engineering squadron who work hard to maintain the base.

**Bad habit:** Using too much salt.

**Favorite food/ beverage:** Prime Rib/Iced Tea.

**Favorite books/television**

**show:** History/Redskins football.

**Walter Mitty fantasy:** To have enough money so that I could work less and spend more time traveling and relaxing with my family.

**If you could spend one hour with any person in history, who would it be and why?** John F. Kennedy. He inspired the American public and the world. His legacy will influence generations to come.



**Lt. Col. Gary Fellows**  
*47th Civil Engineering Squadron Commander*

Lend a helping hand to your community ...

## Be a volunteer!

*Volunteering your time and talents can be a key  
to a happy community and a successful career!*



Photo by Zenaphir Bond

### XL Volunteer

Staff Sgt. Robin Poteat, 47th Communications Squadron, is an active volunteer in the community. He sits on the board of directors for the Bethel Center (a non-profit organization which provides food, clothing, and financial assistance for needy families and individuals) provides volunteer yard maintenance for his local church and produces a weekly televised church service which is broadcast to over 30,000 people in the viewing area.



(As of March 16)

## ‘Orphan,’ from page 1

“Everyone volunteering should be proud of themselves and Laughlin should be proud of them as well,” said Bertholf, “especially young people like Art who could be doing anything he wanted on his day off – yet he chose to spend this beautiful day helping kids.”

“He and others like him contradict the negative things you so often hear about young people coming into the military,”said Bertholf. “You hear about the bad things Well, this is a good thing.”

Gonzales said the lifestyle he enjoyed growing up and one visit to the orphanage led him to get deeply involved

with the squadron’s efforts.

“I grew up in Puerto Zallarta (Mexico), and it’s like most cities you would see in America,” said Gonzales. “I was surprised to the see the poor condition of the city (Acuña). I was convinced I needed to make a difference the first time I visited the orphanage because I have so much and they have very little. You see the happiness in their faces, and it makes you feel good.”

After finally getting tools through customs, the airmen continued on to the orphanage. Shortly after arriving, the good feeling Gonzales spoke of came quickly to life as the children came running from everywhere to greet them.

The things they said in their young

and foreign language were translated through the way they smiled, laughed and leaped into waiting arms – holding on with a trembling embrace.

Following the tender moments spent with the children, the volunteers exited the small, scanty furnished dwelling with its paneled walls and cement floors.

Exiting the home through the rear, the volunteers – like a small task force sent ahead of a platoon or flight – swiftly attacked the mission before them.

The clear day was soon clouded by dust behind the walls of the orphanage as the volunteers lifted and dragged rubble from a 15 feet by 30 feet area that will be the children’s playground. The volunteers then began the work of digging a

two-foot deep trench where tires would be placed to section off the area and act as a safety barrier for the active children.

Airmen drove pickaxes and shovels into the mix of dirt, rock and cement until their backs tired or hands ached. They then passed the tools to someone waiting for some of the same “punishment”.

Callused hands, sore arms and tightened backs meant nothing to the crew as they worked in near silence.

It took over an hour to complete the job, yet no one was too tired to lift children in the air or give them ‘piggy-back’ rides.

When it was time to leave, the smiles slowly disappeared from the faces of the volunteers and children. Many of the children cried and at least one of the volunteers fought back tears of his own.

“The children really enjoy when the volunteers come, but are sad when they leave,” said Rosalinda Esqueda, a staff member at the orphanage. “They take care of them, hug them and show them individual attention and love they can’t get always.”

“You just wish you could take them with you,” said Koch.

The volunteers may have left with some sadness; however, they also left knowing they did something worthwhile with their day.

“Volunteers are doing a very good job,” Esqueda said. “I feel strongly they are doing the best they can to make sure the children have the things they need.”

“Security forces (squadron) is doing tremendous work,” said Bertholf. “They work hard on base every day under tight manning to ensure the safety of the base, yet they still manage to find time and the resources to come and help at the orphanage.”

Sure, a day like Saturday could have been spent reeling in a big one, being carried away by sails filled with wind or soaking up the sunshine. But with a few tools and lots of determination, the volunteers managed to reel in some smiles, fill children with laughter and soak up the pride of a job well done.

In doing so, not only did they reflect a positive image upon themselves and the Air Force, they quite possibly created a “new fountain of life” inside a group of children that will continue to spring up long after they’ve outgrown the playground.

# Truth about nutritional myths

By Staff Sgt. Jennifer Ruiz  
47th Medical Group

Are messages about nutrition confusing you? Do you know what you should believe? If you're trying to eat healthier, does everyone give you advice?

Here are some common myths about nutrition and the truth about them:

■ *Myth 1 – Snacking between meals is bad for you.*

Contrary to what you may have heard, eating several small meals throughout the day will boost your metabolic rate, help you feel more energetic and make it easier for you to manage your weight. However, what you choose for a snack is also important. Variety and moderation also apply. Some healthy snack choices include: fruits or vegetables, lowfat yogurt, air-popped popcorn, a lowfat muffin or crackers.

To help teach kids the benefits of healthy snacking habits, plan or schedule snack breaks so they learn that snacking does not mean continuous eating.

■ *Myth 2 – Nutritious foods are more expensive.*

The good news is that some of the most economical foods are also the most nutritious. For example, breads, cereals, pasta, rice, baked potatoes, fruits and vegetables are all low in fat and high in complex carbohydrates and fiber. There are plenty of inexpensive food choices within each food group, so load up your shopping cart the next time you go shopping. And remember, foods come in a variety and range of sizes, shapes, textures and tastes.

■ *Myth 3 – Lowfat or fat free foods don't taste good.*

Enjoying food is one of life's little pleasures and healthy eating can taste great. Be adventurous! Use your imagination. Experiment with new foods, new recipes and the many ethnic cuisines that are out there. The next time you go to the book store, look for a new

healthy cookbook. We've really got it pretty easy nowadays.

■ *Myth 4 – Avoiding red meat will make you healthier.*

Meat is an important source of iron and zinc, two nutrients that many people have difficulty obtaining in adequate amounts. Eliminating one food from your diet is not the answer. The focus should be on how much and how often you're eating these foods. Choose a leaner cut of meat and eat smaller portions.

■ *Myth 5 – Cereal is for kids only.*

Cereal is a great way to start anyone's morning. But don't think of cereal as just a morning food, it can be enjoyed at any time of the day. It's actually a great evening snack. Most cereals are lowfat (especially the "kid" type cereals) and if you use skim or 1% milk in it, you're getting a healthy snack. Most cereals provide sources of fiber, iron, vitamin B, zinc, and complex carbohydrates.

■ *Myth 6 – Sugar is a major cause of certain health problems.*

With the exception of cavities, there is no evidence that moderate consumption of sugar poses health problems. There is no evidence to support the beliefs that sugar causes cancer, heart disease, diabetes, obesity or even hyperactivity in children.

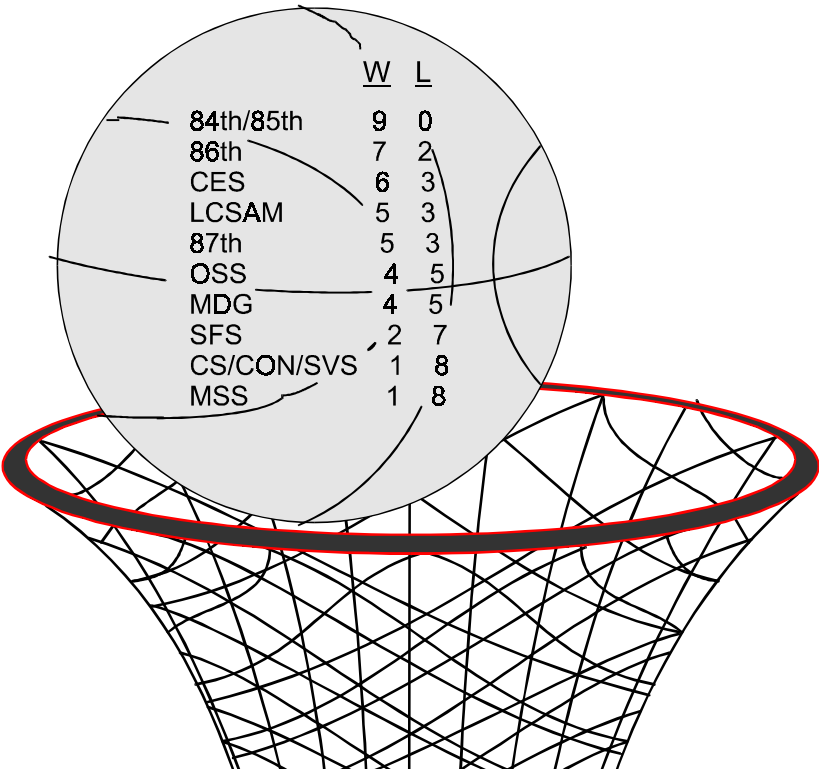
'Sweets' can be a part of overall healthy eating patterns if eaten in balance and moderation over time. Foods like cereals, fruit or yogurt, which contain sugar are good sources of many important nutrients.

March is National Nutrition Month; now is the time to start thinking about what you eat. You can have enjoy eating, healthy.

For more information on fitness or if you know of other nutritional myths that you've just got to know the truth about, ask the 'pros'. Call Staff Sgt. Jenny Ruiz at 6464 or stop by the HAWC.

# Intramural Basketball Standings

as of March 16



## Sports Briefs

### Cosmic kids party

The Cactus Lanes bowling center will host a Cosmic Kids Party Saturday and March 27 from 1 - 4 p.m. During this time, the regular lights will be off, with black lights and other effects making the bowling lanes glow in the dark. The cost of \$6 per child covers pizza, soda, and bowling during the party. For more information, call the Cactus Lanes at 5526.

### CISM swimming, diving teams

The U.S. Counseil International Du Sport Militaire World Games will be conducted from Aug. 6 - 18, 1999 in Zagreb, Croatia. Up to 14 men and 8 women may be selected to the swimming team, while 4 men and 2 women may be selected to the diving team. Individuals interested in representing the United States Armed Forces at the Military World Games should contact the Fitness Center at 5326. Suspense for applications is April 16.

## TRICARE improvements

A recent change in TRICARE has removed the need for Prime members to pay balance billing charges when they are referred to non-network providers. Now Prime members will not need to pay anything more than their co-payment for emergency, referred or pre-authorized medical care.

Additionally, as of Jan. 1, 1999, all out-of-network, non-participating providers, may charge no more than 15 percent above the TRICARE allowable charge for covered services.

Now that balance billing has been repealed for Prime beneficiaries, the beneficiary will only be responsible for their co-payment. This is true even if your Primary Care Manager or Health Care Finder refers you to a non-participating provider.

Be aware, however, that care received without proper approval will be billed under the Point-of-Service option, and increase your health care costs above your co-payment.

For more information about TRICARE Prime, visit your local TRICARE Service Center or call (800) 406-2832.

## Aeronautics degrees

Embry-Riddle's Master of Aeronautical Science Spring B Term runs March 22 - May 23.

Register before March 23 at the Base Education Center. Embry-Riddle also offers the Associate and Bachelor of Science in Professional Aeronautics through the Center for Distance Learning. Undergraduate registration is ongoing and students may begin at any time.

Air Force Tuition Assistance and Veteran Administration benefits are available to eligible applicants.

Please call 5285 for more information.

## Health care forum

The Health Care Advisory Council is a forum for exchanging information between the providers and consumers of health care at Laughlin. Representatives from most base organizations and from the retired population meet with members of the Clinic Executive Committee once a quarter on an informal basis.

The next meeting of the council will be held at 1 p.m. April 2. in the wing conference room. Please do not miss this opportunity to express your satisfaction with or concerns about health care at Laughlin.

Call Mina Rodriguez at 6311 for additional information or to indicate attendance.

## Women's week

Federal Women's Week is the week of March 29. The Federal Women's Program Committee here will sponsor workshops March 29-30 and a luncheon March 31.

Various motivational, work and health related topics will be discussed during the workshops.

Contact one of the following committee representatives by March 26 to make reservations:

Deana Shupe, 5400; Oralia Gonzalez, 4257; Kelly



Photo by 2nd Lt. Doug Sherrod

## Sanding to perfection...

Charlie Carsten, a woodcraft instructor at Laughlin's Wood Skills Development Center, puts the 'finishing' touches on one of his 'functional' works of art. The Wood Skills Development Center is open from 1 - 9 p.m. Wednesdays and Thursdays, 10 a.m. to 5 p.m. Fridays and Saturdays, and 1 - 5 p.m. Sundays. For more information, contact Kim Chunn at 5153.

A. Potter, 5015; Malynda Emerson, 6418; Shelia Alexander, 5583; Tara Vasquez, 4226; Angela Yount, 5611; Dana Depack, 5441; Susie Weber, 5647; Kathleen Carson, 5715 and Anita Cox, 5236.

## CPTF closure

The 47th Comptroller Flight, finance and budget will close today at 2:15 p.m. for commander's call.

Emergency assistance will be available by contacting Tech. Sgt. Hosea Butler at 703-1890.

Questions concerning this closure should be directed to Belinda Garcia at 5204.

## Career opportunity

The Family Support Center is hosting the United States Customs Recruiter at 9 a.m. March 30 in the Fiesta Center Ballroom. The recruiter will discuss career opportunities and the application process. There is no need to bring a federal application to the briefing.

Reservations can be made by calling 5620 and must be made before close-of-business Mar 29.

## Exercise

The security forces will be conducting an exercise from 4 a.m. to 5 p.m. Saturday. Ground Burst Simulators and M-16 blank ammunition will be utilized.

All questions can be directed to 1st Lt. Shawn Covault or Tech. Sgt. Jimmie Davis at 4315 or 5466.

## Civilian employee transactions

The Air Force Personnel Center announced recently that all civilian employees serviced by them can now complete the following transactions via the BEST website:

—elections under "New Permanent Employees and Temporary Employees Completing One year of Con-

tinuous Federal Service,"

—changes and, or elections under "Federal Employee Health Benefits Non-Open Season Enrollment/Changes in Enrollment,"

—complete and print the "Statement of Foster Child Status," and

—obtain the necessary forms to enroll in "Temporary Continuation of Coverage."

## Lifesaving classes

The Del Rio Service Center of the American Red Cross will offer a class in community first aid and cardiopulmonary resuscitation 8:30 a.m. March 27 at La Quinta Motel. Courses meet all state childcare-licensing requirements and teach participants to help people of all ages in a medical emergency. The cost is \$30.

Re-Certifications for CPR professionals will be offered 8:30 a.m. April 3 at La Quinta Motel. This is a six-hour course that is required annually for all lifeguards. The cost is \$20.

The Red Cross is also taking names of persons interested in lifeguard classes.

For information and registration, call the Red Cross at 775-8626.

## Pride store

Flower day at the PRIDE store Saturday was a great success. Due to the heavy demand, another order for Spring flowers and shrubs has been placed. They will be available at the PRIDE store Saturday.

The store opens from 8 a.m. until noon. For more information, call 4356.

## Financial management classes

The Family Support Center's Personal Financial Management Program manager is offering the following classes in April:

Checkbook management, 9 a.m. April 1,

Budget workshop, 9 a.m. April 6,

Personal Financial Management program for 1st Termers, 1- 2:30 p.m. April 9 and

Understanding Credit, 9 a.m. April 13.

Training is for anyone interested. Call 5109 to schedule.

Also, Hearts Apart will meet Wednesday at the Family Support Center. For questions or more information, call Master Sgt. Sandy Harper at 5574.

## Personnel flight transition

The Relocations and Employment Element of the Military Personnel Flight is transitioning to an appointment system. The walk-in service currently provided has led to long waiting periods.

Scheduling appointments will enable the MPF staff to connect customers with the right personnel at the right time and eliminate unnecessary waiting.

The following services will require scheduling appointments: employment, outbound assignments, retirements, separations and formal training. Same-day appointments will be provided whenever possible.

For questions or concerns with this issue, please contact Capt. Bill Nolte at 5073 or 2nd Lt. Shannon Peeler at 5487.